

How to Stay Healthy and Safe As Warmer Weather Begins

News Release Date
05-10-2023

The summer season can bring days of extreme heat and this weekend may be the first of many hot days to come. That is why Clatsop County Departments of Public Health and Emergency Management are putting out two reminders to residents and guests.

Clatsop County Departments of Public Health and Emergency Management encourage individuals to use the new [heat index tool](#) created by the National Weather Service. The tool helps you understand how you could be impacted by heat. It measures how hot it really feels when the effects of humidity are added to high temperature.

The National Weather Service Portland is predicting a 20-40% chance that temperatures could reach 90 degrees by this Sunday. “That means people may flock to our rivers, lakes and streams. These waters are still cold and running fast. The shock of the cold water on a person’s body and the swift waters could put an individual’s life at risk,” said Justin Gibbs, emergency management director.

The Centers of Disease Control and Prevention also recommends taking the following steps to keep you, your family, your neighbors and your pets cool:

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don’t wait until you’re thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

Learn the [symptoms of a heat-related illness](#) and what to do if you or your loved one shows signs of having a heat-related illness.

The National Institute for Occupational Safety and Health [provides resources for working outdoors](#) in hot weather.